Crunchy Roast-Potato and Lentil Wraps

4 large wraps; 1 filled wrap per serving · Active 25 min · Total 35 min

Skills: Easy

Ingredients

• About 2 cups cooked roast potatoes, refrigerated promptly (300 g), cut into 3/4-inch/2 cm pieces

• 1 1/2 cups cooked green or brown lentils, drained (240 g)

• 1 tablespoon neutral oil (15 ml)

• 2 tablespoons water (30 ml)

• 2 cups finely shredded green cabbage (120 g)

• 1 medium carrot (80 g), coarsely grated

• Scant 1/2 cup plain yogurt (100 g)

• 1 tablespoon prepared mustard (15 g)

• 1 tablespoon cider vinegar (15 ml)

• 1/4 teaspoon fine salt (1.5 g)

• 1/4 teaspoon black pepper (0.5 g)

• 4 large flour tortillas, about 10 inches/25 cm across (240 g total)

Set out

Large nonstick or well-seasoned skillet with lid, Mixing bowl, Spatula, Food thermometer, Grater, Knife and board

Allergens

Milk, Wheat. Check labels and substitutions.

Make it

1. Heat oil in the skillet over medium heat. Add potato chunks in one layer and cook for 10–12 minutes, turning occasionally, until browned and 165°F/74°C in the center. Transfer to a warm plate.

2. Add drained lentils and water to the same skillet. Cover and heat for 3–4 minutes, stirring once, until 165°F/74°C throughout. Remove the lid and cook for 1–2 minutes more to evaporate the liquid.

3. Meanwhile whisk yogurt, mustard, vinegar, salt and pepper in the bowl. Add cabbage and carrot and toss just before assembly.

4. Lay out the four tortillas. Divide the hot lentils and potatoes among them, then add the cabbage mixture. Keep filling away from the edges. Fold in the sides and roll firmly. Serve immediately, seam down.

Stretch the roast, not the container size

Weigh the cooked potatoes before deciding on a batch. Smaller leftovers can make two wraps by halving everything; a very thin scattering of potato across four oversized wraps is less useful than two well-filled portions.

Ingredient labels

Mustard is present. Check tortilla and yogurt labels for additional allergens.

A useful detail

The stated time begins with cooked potatoes and lentils. Do not use potatoes that spent a long period warm on the counter. Flour tortillas should be soft and flexible; follow the packet warming directions if needed, allowing those few minutes separately.

Keep it well

For the base recipe use potatoes and lentils that were cooled promptly, refrigerated at 40°F/4°C or below and cooked no more than 2 days earlier. Make only the wraps needed for this meal; eat the reheated filling promptly. Keep unused cold components separate and use within their original safe storage window. Reheating does not start a new 3-day period.